

Kara Hahn

Suffolk County Legislator
Fifth District



A Prescription for Better Health



Health Care professionals may soon begin giving patients "prescriptions" to get active in public parks after passage of a resolution that I sponsored. The “Parks Rx”, initiative will create a comprehensive online database and map of all municipal parks in Suffolk County with details on the types of exercise activities available at each. Once the map is created, medical practitioners will be encouraged and have the ability to “prescribe” outdoor activity as a treatment for a number of ailments including obesity, Type II Diabetes and even depression.

When it comes to following doctor’s orders for health, it seems that the one prescription patients are quick to ignore is a vague exercise regimen. The medical community has long maintained that exercise is critical to healthy living. Once the site is established, a doctor’s consultation may include a computer, localized map and a discussion about specific activities the patient enjoys. This prescription will provide doctors with a tool that their patients can use in conjunction with specific directions on the frequency and duration of exercise to locate local places where they can easily pursue this low cost, low tech, but highly effective treatment.

Suffolk to Test Water for Potential Human Carcinogen Dioxane



Photo: Legislator Hahn discusses concerning findings of the 2014 Suffolk County Comprehensive Water Resources Management executive summary earlier this year.

Suffolk County will begin testing groundwater for the presence of 1,4 Dioxane, a solvent stabilizer that is considered a probable human carcinogen by the United States Environmental Protection Agency.

While the potential health impacts of 1,4 Dioxane are clear within the scientific community, what is not currently know is how much of this compound is in our ground and drinking water. That is why I sponsored legislation to add this potential contaminate to the battery of toxins the Health Department already tests for. This step will help us understand if dioxane is a problem, the extent it is a problem and what steps may be required to protect public health and our water supply.

Studying the Environmental, Economic Impacts of Microbeads

Suffolk County will study the health and economic impacts of banning microbeads, the small plastic particles found in personal care that have been linked to aquatic die-offs. In November, the Legislature approved a bill that I sponsored directing the Departments of Health Services and Economic Development and Planning to examine the impacts these inorganic additives have on our local environment and what, if any impact a County-wide ban would have on Long Island’s businesses and labor force. The analysis will also look at what potential non-polluting, natural, alternatives may be available to supplement or replace use of polyethylene and polypropylene.

At less than 1 millimeter in diameter, microbeads are not filtered out by most wastewater treatment systems, leading to their discharge into surface waters. Earlier this year, New York State Attorney General Eric T. Schneiderman issued a report that estimated over 19 tons of microbeads are released into New York’s wastewater stream annually with very little of that being removed before discharge.

Resolve to be a Lifesaver in 2015

I will be teaming up with the New York Blood Center to help save lives this new year by hosting a blood drive on Monday, January 19th at the Port Jefferson Moose Lodge #1379, 37 Crystal Brook Hollow Road in Mt. Sinai between 1PM and 7PM. The Blood Center will mail two New York Mets

tickets to each donor in appreciation of his/her commitment to saving lives.

Walk-ins are welcomed, but appointments are appreciated so call (631) 854-1650 to schedule a convenient donation time, today! Please remember to bring valid identification, eat and be well hydrated before making your donation. Due to New York Blood Center guidelines, donors must weigh over 110 pounds, be between the ages of 16 and 75 and not have had a tattoo in the past 12 months.

Please check my website: <http://suffolkcountyny.gov/do5/home.aspx> for more information about this event in the coming days.

Signup for Emergency Notifications from CodeRED

The CodeRED emergency notification system is a high-speed mass notification service that allows the Suffolk County Department of Fire Rescue and Emergency Services to deliver customized messages directly to Suffolk County homes and business. The CodeRED system also sends out high-speed emails and text messages to those residents who have enrolled additional contact information.

In the event of a local emergency, get informed. Signup today for CodeRED.



In Our Community

LI Museum Celebrates 75 Years of Preserving Our History



I was on hand to commemorate the Long Island Museum of American Art, History and Carriages' 75th Anniversary. The Stony Brook landmark institution is dedicated to inspiring people of all ages with an understanding and enjoyment of American art, history and carriages as expressed through the heritage of Long Island and its diverse communities.

Santa Makes an Early Stop in Port Jefferson Village



I joined in welcoming St. Nick to Port Jefferson during the village's annual Santa Parade. Observers lined Main Street from the Railroad to the Harbor to wave to the unmistakable man with "a broad face and a little round belly, that shook when he laughed, like a bowlful of jelly!"

Putting a Life Saving Antidote in the Public's Hands



I recently co-hosted a Naloxone, more commonly known as Narcan, training seminar with The Addict's Mom and Dan's Foundation for Recovery for members of the general public. The event held at the Setauket Fire House taught attendees about the warning signs of an opiate overdose as well as how to administer treatment to victims. Recently, Ward Melville and Comsewogue High Schools took advantage of a new county policy that I sponsored allowing the Suffolk County Health Department to train the general public on proper Naloxone usage, offering this training to some members of its faculty and staff.



Colonial Coffee "Perks" Up Community



Councilwoman Valerie Cartright and I shared a cup of excitement during Colonial Coffee's grand re-opening in Port Jefferson Station. Colonial Coffee has been serving local restaurants, stores, offices, and homes with premium coffee since 1968.

Festival is Apple of Community's Eye



The Long Island Apple Festival once again returned to the Sherwood Jayne Farmstead in Setauket. I was one of the hundreds of people who came from across the region to celebrate all things apple.

Shopping "Small" Yields Big Rewards for Local Businesses and Economy



Photo (Left to Right): Barbara Ransome of the PJ Chamber of Commerce, Sal Belkin and Lori Sampson of the Dusty Attic, County Executive Steve Bellone and Suffolk County Legislator Kara Hahn.



Photo: Legislator Hahn, County Executive Bellone and PJ Chamber of Commerce Executive Director Barbara Ransome shop along East Main Street in Port Jefferson during Small Business Saturday.

Suffolk County Executive Steve Bellone and I did some holiday shopping in Port Jefferson during Small Business Saturday. In 2010 American Express began the Small Business Saturday Campaign to encourage customers to rediscover the uniquely independent businesses located along Main Streets throughout the nation. During this holiday season, please remember to support our local businesses and "shop small."



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Contact

306 Main Street

Port Jefferson, New York 11777

Phone:(631) 854-1650

Fax:(631) 854-1653

kara.hahn@suffolkcountyny.gov

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